



Sometimes you need  
to choose to do things  
you don't want to do.

Just remember  
your reasons  
for choosing

List three things you feel like you have to do but don't want to.  
What's in it for you to choose to do them?

Something I have to do	Why I choose to do it
1	
2	
3	

How does you feel when you consider your actions lead directly to your outcomes?

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